

### Amendments to the Claims

This listing of claims will replace all prior versions and listings of claims in the application.

#### Listing of Claims:

1. (Currently amended) A torsion system for a cycling shoe including a sole with a forefoot area and a rearfoot area, the torsion system including a longitudinal axis and comprising:
  - a forefoot portion of the torsion system spanning substantially the entire forefoot area of the sole from a midtarsal area to a toe area and from a lateral side to a medial side, the forefoot portion having a generally smooth concave contour along the longitudinal axis;
  - a rearfoot portion of the torsion system spanning substantially the entire rearfoot area of the sole from the midtarsal area to a heel area and from the lateral side to the medial side; and
  - an intermediate portion of the torsion system coupling the forefoot portion and the rearfoot portion, and constructed of a material and configured to allow, in a pre-selected manner, rotation of the forefoot portion relative to the rearfoot portion about the longitudinal axis, wherein the intermediate portion includes a rib that projects beyond ~~an adjacent~~ bottom most surface of the torsion system.
2. (Original) The torsion system of claim 1, wherein the forefoot portion and rearfoot portion rotate between about 5-25 degrees relative to each other about the longitudinal axis at 35 Newtons of torsional load.
3. (Original) The torsion system of claim 1, wherein the forefoot portion and rearfoot portion rotate between about 10-20 degrees relative to each other about the longitudinal axis at 35 Newtons of torsional load.
4. (Original) The torsion system of claim 1, wherein the forefoot portion and rearfoot portion rotate about 10 degrees relative to each other about the longitudinal axis at 35 Newtons of torsional load.
5. (CANCELED)
6. (Original) The torsion system of claim 5, wherein the rib tunes torsionability of the article of footwear.

7. (Previously presented) The torsion system of claim 1, wherein the intermediate portion defines at least one circumscribed aperture.
8. (Original) The torsion system of claim 1, wherein the rearfoot portion defines at least one aperture.
9. (Original) The torsion system of claim 1, wherein the forefoot portion, the rearfoot portion, and the intermediate portion form a single plate.
10. (Original) The torsion system of claim 9, wherein the plate is substantially rigid in a horizontal plane.
11. (Original) The torsion system of claim 9, wherein the plate is between about 1-15 mm thick.
12. (Original) The torsion system of claim 9, wherein the plate is between about 3-10 mm thick.
13. (Original) The torsion system of claim 9, wherein the plate is between about 5-8 mm thick.
14. (Original) The torsion system of claim 9, wherein a thickness of the plate is less in the intermediate portion than in the forefoot and rearfoot portions.
15. (Previously presented) The torsion system of claim 9, wherein a width of the intermediate portion of the plate is narrower than the forefoot and rearfoot portions.
16. (Original) The torsion system of claim 9, wherein the plate comprises nylon.
17. (Original) The torsion system of claim 9, wherein the plate comprises a composite material.
18. (Original) The torsion system of claim 17, wherein the composite material is graphite.
19. (Original) The torsion system of claim 17, wherein the composite material is fiberglass.
20. (Original) The torsion system of claim 9, wherein the forefoot portion and rearfoot portion comprise material properties different than the intermediate portion.

21. (Previously presented) A cycling shoe including a sole with a forefoot area and a rearfoot area and a torsion system, the torsion system comprising:

a sole plate rigid in a horizontal plane and including a longitudinal axis, the sole plate comprising:

a forefoot portion of the sole plate spanning substantially the entire forefoot area of the sole from a midtarsal area to a toe area and from a lateral side to a medial side, the forefoot portion having a generally smooth concave contour along the longitudinal axis;

a rearfoot portion of the sole plate spanning substantially the entire rearfoot area of the sole from the midtarsal area to a heel area and from the lateral side to the medial side; and

an intermediate portion of the sole plate coupling the forefoot portion and the rearfoot portion and constructed of a material and configured to allow, in a pre-selected manner, rotation of the forefoot portion relative to the rearfoot portion about the longitudinal axis, wherein the intermediate portion includes a rib that projects beyond an adjacent surface of the sole plate.

22. (CANCELED)

23. (Previously presented) The cycling shoe of claim 21, further comprising an upper.

24. (Previously presented) The cycling shoe of claim 21, further comprising an outsole.

25. (Previously presented) The cycling shoe of claim 21, further comprising a cleat attachment system disposed on the forefoot portion.

26. (Currently amended) A torsion system for a cycling shoe including a sole with a forefoot area and a rearfoot area, the torsion system including a longitudinal axis and comprising:

a forefoot portion of the torsion system spanning the forefoot area of the sole, the forefoot portion having a generally smooth concave contour along the longitudinal axis;

a rearfoot portion of the torsion system spanning the rearfoot area of the sole; and

an intermediate portion of the torsion system coupling the forefoot portion and the rearfoot portion, and constructed of a material and configured to allow, in a pre-selected manner, rotation of the forefoot portion relative to the rearfoot portion about the longitudinal axis, wherein the intermediate portion includes a rib that projects beyond an adjacent surface of the torsion system, wherein the rib tunes torsionability of the cycling shoe.